

Advice Column

problems about *exercise and sports*

- Read the problems below and discuss possible solutions.



Ask Anita!

Dear Anita,

My doctor says I am too heavy and that I should do exercise to lose 10 or 15 kilograms. Unfortunately, I don't have a lot of free time – After I come home from work, I usually help our kids with their homework, then eat dinner, and then relax a little by watching TV before I go to bed. Also, I think that a lot of exercise, like running or doing push-ups, is quite boring. Could you please give me some advice about what kind of exercise is best for me to lose weight?

Gerald

Dear Anita,

Our 16-year-old son refuses to play any kind of team sport at school. He says that playing sports is a waste of time if you aren't the best and you don't always get first place. He says that winning a gold medal or a trophy is the most important thing about playing sports. Instead of exercising, he spends most of his free time on-line with his computer. His mother and I would really like to see him make more friends and become more active.

Do you have any suggestions for us? How can we get our son off the computer and become more interested in team sports? Thanks.

Sam

Dear Anita,

How much exercise is too much exercise? My friend and classmate in university exercises almost every day. She swims for an hour, then lifts weights for an hour, and then does half an hour of aerobic dancing after that. That's between 15 and 20 hours of exercise every week! She looks healthy and she has a lot of energy, but I'm worried that she might be pushing herself too much with too much exercise. What do you think?

Suzanne



- Compare your solutions with different classmates. Do you agree or disagree with their ideas?